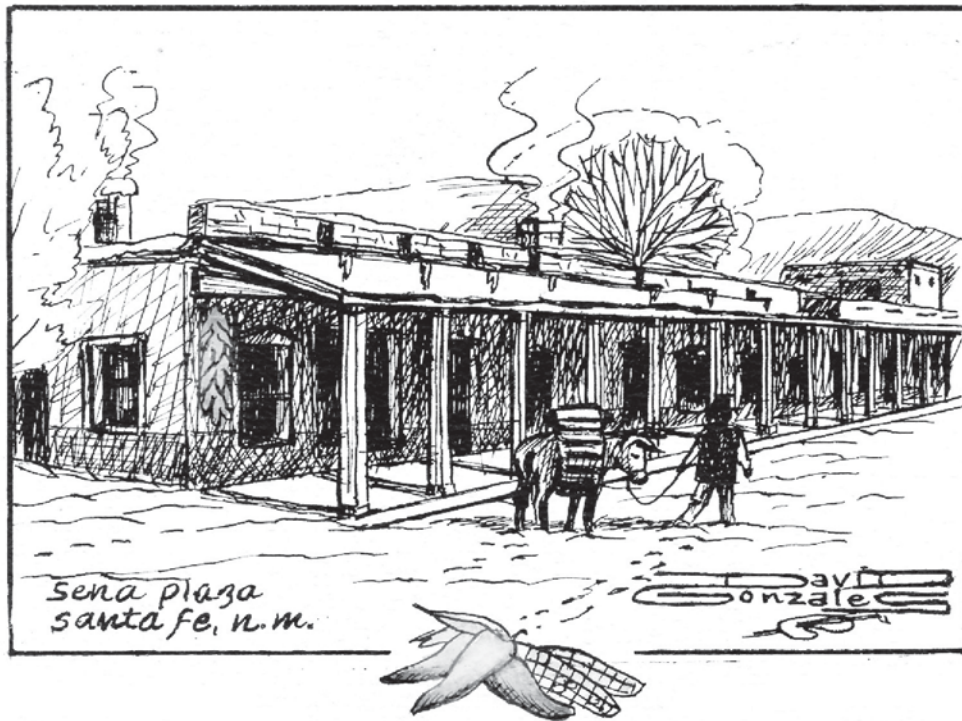


October 2004

The Senior Scene Vistas De Los Mayores

City of Santa Fe
Division of Senior Services



a complimentary monthly publication

CITY OF SANTA FE
DIVISION OF SENIOR SERVICES
Administration Office
1121 Alto Street, Santa Fe, New Mexico
Patricia Rodriguez, Director

Administration

Patricia Rodriguez, Director	955-4799
Ron Vialpondo, Assistant Director	955-4710
Mary Dean, Administrative Supervisor	955-4777
Gloria Polaco, Program Secretary	955-4721
Sadie Marquez, Reception	955-4741
Gladys Stewart, Reception	955-4741

Nutrition

Ron Vialpando, Assistant Director	955-4710
Lugi Gonzales, Program Administrator	955-4711
Yvette Sweeney, Administrative Assistant	955-4739
Carlos Sandoval, Inventory Supervisor	955-4749
Enrique DeLora, Inventory Technician	955-4750

Meals On Wheels Kitchen

Juan Apodaca, Program Supervisor	955-4748
Robert Duran, MOW Assessments	955-4747

Senior Center Programming

Lupita Martinez, Center Prog. Admin.	955-4725
Rose Slade, Program Coordinator	955-4755
Christine Sanchez-Warren, Prog. Coordinator	955-4715

Foster Grandparent/Senior Companion Program

Melanie Montoya, Volunteer Prog. Admin.	955-4761
Louise Kippert, FGP/SCP Admin. Secretary	955-4744
Linda Quesada, Section Clerk Typist	955-4733

Retired Senior Volunteer Program (RSVP)

Kristin Slater-Huff, Program Coordinator	955-4760
Cristy J. Montoya, Secretary	955-4743
Patricia Moeller, Senior Services Clerk	955-4735

In Home Support Services, Respite Care

Homemaker, Non-Medical Personal Care

Theresa Gabaldon, Program Supervisor	955-4745
Katie Ortiz, Clerk Typist	955-4746

Senior Olympics/Physical Fitness

Ron Pacheco, Safe Kids/Safe Seniors	955-4754
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Senior Registration

Brenda Ortiz, Database Specialist	955-4722
Connie Valencia, Support Staff	955-4734

Transportation

Danny Allen, Transportation Manager	955-4738
Fran Rodriguez, Transportation Dispatcher	955-4700
Cristina Villa, Transp. Admin. Secretary	955-4756

Miscellaneous

Lobby Area Phone	955-4735
Craft Room	955-4736
Pool Room	955-4737
Board Room	955-4757
FAX Machine - Administration	955-4797
FAX Machine - Nutrition	955-4794

Newsletter Production

Kristin Slater-Huff, Editor
Valerie Chelonis, Graphic Artist

CITY/COUNTY SENIOR CENTERS - For meal times, please call centers.

CHIMAYO	351-4686
Benny Chavez Community Center	
Chimayo, New Mexico 87522	
EDGEWOOD	281-2515
114 Quail Trail	
Edgewood, New Mexico 87015	
EL RANCHO	455-2195
Community Center	
P.O. Box 3860	
Santa Fe, New Mexico 87501	
ELDORADO	No Phone
1 Hacienda Loop	
Santa Fe, New Mexico 87505	
LUISA	955-4717
1522 Luisa St. (enter from Columbia St.)	
Santa Fe, New Mexico 87501	
MARY ESTHER GONZALES	955-4721
1121 Alto St. Santa Fe, New Mexico 87501	

PASATIEMPO (Rose Slade, Coordinator)	955-4755
Kitchen	955-6433
664 Alta Vista St.	
Santa Fe, New Mexico 87501	
RIO EN MEDIO	988-3053
Community Center	
El Alto Lane	
Rio en Medio, NM 87506	
SANTA CRUZ	753-8598
Abeldon Lopez Community Center	
Santa Cruz, New Mexico 87567	
VENTANA DE VIDA (Pacheco)	955-6731
1500 Pacheco St.	
Santa Fe, NM 87505	
VILLA CONSUELO	474-5431
1200 Camino Consuelo	
Santa Fe, New Mexico 87505	

DIRECTOR'S REPORT

Dear Seniors,

Michelle Lujan Grisham, as many of you may know, was Director of the State Agency on Aging and also the first Cabinet Secretary of the New Mexico Aging and Long-Term Services Department. Governor Bill Richardson recently announced that Michelle will be leaving to head the State Department of Health. She has done an outstanding job and I want to sincerely express our heartfelt thanks for her 13+ years of service to New Mexico senior citizens. Michelle took a small program and built it into a nationally known agency. She implemented innovative practices such as undercover evaluation of nursing homes and the use of volunteers to support key services, and she helped develop a collaborative strategy among statewide senior programs to seek support and funding from the New Mexico Legislature.

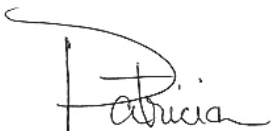
Michelle's efforts at the state, local, and federal levels also helped create a comprehensive, cohesive system of long-term care that provides senior citizens with opportunities to remain independent for as long as possible. We sincerely appreciate Michelle's efforts and dynamic enthusiasm on behalf of senior citizens and wish her the best of luck in her future endeavors.

Governor Richardson also appointed Deborah Armstrong to replace Michelle. Debbie has administered programs which benefit senior citizens and people with disabilities for over 20 years. I look forward to working closely with her to continue improving services for the senior citizens of the City and County of Santa Fe.

Did you know that senior citizens make up 20% of all voters and represent one of the most influential voting blocks in the United States? U. S. Census Bureau statistics show that 78.4% of all people 65 and over are registered to vote, and an astounding 88.8% of that number actually voted in the 2000 general election.

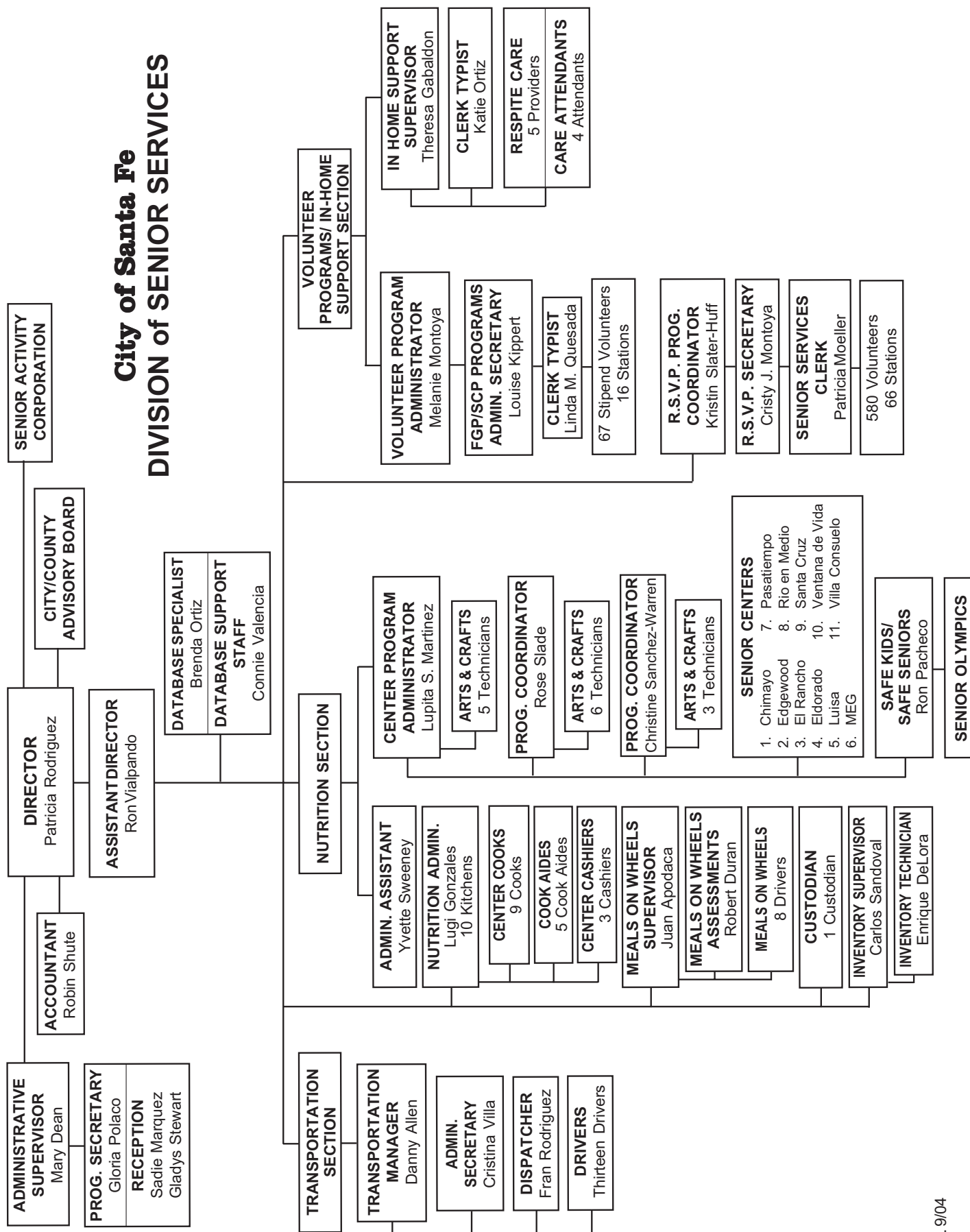
According to the League of Women Voters, the deadline for registering to vote in the upcoming general election is October 5, 2004. I encourage everyone to carefully research the candidates and issues and be sure to vote. If you need a ride to the polls, call us at 955-4700 at least 24 hours in advance to schedule a ride. Your vote counts!

May God Bless You All,



Patricia Chavez-Rodriguez, DSS Director





NEWS & VIEWS

Senior Center Closure

On Monday, October 11, all Santa Fe City and County Senior Centers will be closed, in observance of Columbus Day. There will be no congregate meals, no Meals on Wheels and no Transportation. Have a safe and happy holiday.

The 28th Annual New Mexico Senior Citizens Spelling Championship

Once again, it's time to get the New Mexico Spelling Bee underway. Last year, seven seniors from Santa Fe participated in the English and Spanish categories, bringing home first and second place in the Spanish category.

Participants (ages 55 and older) may participate in one or both categories. This year the Spelling Bee will be held at the Albuquerque Museum on Wednesday, October 20, 2004, with a free lunch offered at the Casa De Fiesta Mexican Grill. Vans will leave the MEG Senior Center at 9:00 a.m. and return at approximately 4:30 p.m.

If you are interested in participating and/or joining the study group to practice, please call Melanie at 955-4761 to register and receive the word list. The deadline to register is October 8, 2004.

Santa Fe Mysteries Walking Tour

In the evening as darkness falls, a guided walking tour into Santa Fe's less well known past-filled with mysteries, unanswered questions, and the not quite dead. This is a lighthearted but thought provoking look into hundreds of years of Native American culture, Spanish legends, and the old Wild West.

They visit buildings and sites where unexplainable things have happened - and are still happening.

These tours are led by staff of About About Santa Fe. Tours begin at 5:30 p.m. every Monday, Tuesday, Friday and Saturday, and last about 1 ½ hours.

Tickets are \$10 (\$9.00 for seniors 65+) and reservations are required. Call 988-2774.

"If wrinkles must be written upon our brows, let them not be written upon the heart. The spirit should not grow old." —James A. Garfield



Caregiver Support Group

The City of Santa Fe, Division of Senior Services and Friends in Deed Peer Support and Guidance present a Caregiver Support Group free of Charge. They provide education and emotional support to adults who are dealing with the stress associated when providing specialized care for homebound individuals with unique needs. In this supportive atmosphere, caregivers can relax and comfort each other and share experiences in meaningful ways. Financial aid is available to hire a relief caregiver during your attendance.

This month, Diana Pacheco, Nutritionist & Dietician at La Familia Medical Center will discuss "basic nutrition as prevention for macular degeneration, diabetes, and heart problems."

They look forward to seeing you at Luisa Senior Center, located at 1522 Luisa St. (enter from Columbia St.) on Wednesday, October 20, 2004, from 1:00 p.m. to 3:30 p.m.

For reservations, please call Theresa Gabaldon or Gloria Polaco at 955-4721.



Benefit Dance

On Friday, October 22, Buena Suerte will play at a benefit dance for Socorro Maes.

All proceeds will go towards medical expenses for a liver transplant.

There will also be an auction of items donated by local artists.

The dance will be at the Eagles Club 833 Early St from 7:00 to 11:00 p.m. Tickets are \$10 and donations are appreciated.

For more information, please call Catherine Garcia at 920-2248 or Adolfo Maes at 920-3324.

Senior Transitional Housing Program

In response to the growing population of homeless seniors and at risk elders, St. Elizabeth Shelter's Senior Transitional Supported Housing Program is designed to provide supportive housing services to individuals who are 55 years of age and older with preference given to those who are 62 and above. The program is intended to assist the participants in successfully transitioning to permanent housing and in promoting decision-making that is conducive to an overall increase in quality of life.

Applicants to the program must meet the following criteria:

- Have an established source of income through employment and/ or benefits
- Be homeless or imminently homeless.
- Be at or below 50% of the media income.
- Be able to live alone with a relatively high degree of independence. This includes the ability to care for themselves and monitor their own medications. Adults who are considered incapacitated as defined in the New Mexico Adult Protective Services Act 27-7 are not eligible for residency in this program.
- Have a reasonable expectation of, and willingness to, engage in planning for a permanent living arrangement while in the transitional residency program.
- Be responsive to the case manager in the development of a service plan and pursuance of identified goals.
- Pay rent assessed at 30% of gross income, and be responsible for paying their own gas and electric bills.

For further information please contact Sharon Planer at St. Elizabeth Shelter at 804 Alarid Street. Santa Fe, N.M. 87501. Phone: (505) 982-6611 Fax: (505) 982-5347 Website: www.stelizabeth.org. Email: steshelter.org

Seeking a Calligraphy Teacher

Do you know how to write in calligraphy? Would you volunteer a few hours of your time to teach interested seniors how to do it? They would like to learn, so that they can make lovely holiday cards and gifts. If you are interested, please call Kristin at 955-4760.

Santa Fe Senior Wins Aging & Long-Term Services Dept. Award

Salome C. DeAgüero was awarded "Outstanding Contribution of a Senior Citizen to Community or State" by the Aging & Long-Term Services Department, during the 26th Annual New Mexico Conference on Aging, 2004, in Glorieta, N.M. Congratulations, Salome!

Free Hair Cuts in October and November

From October 5 to November 22, senior volunteer and former professional hairdresser



Molly Dofflemyer will be giving free hair cuts to interested seniors. She will be in the weight room at the Mary Esther Gonzales Senior Center every Tuesday from 1:00 to 2:00 p.m. No appointments are needed- just walk in.



Santa Fe County Voter Deadlines

Tuesday, October 5:

Absentee voting begins. Voter registration closes at 5:00 p.m.

Saturday, October 16:

Early in-person voting begins.

Thursday, October 28:

Absentee voting (mailouts) ends.

Saturday, October 30:

Early in-person voting ends at 6:00 p.m.

Tuesday, November 2:

Election Day- polls open 7:00 a.m. to 7:00 p.m.

For more information, call 986-6280 or 986-6287.

Homecoming

(By Edgewood Senior Simon Arzigian)

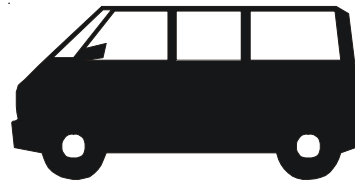
There was a time in the early days of this country when families of several generations lived and worked in the same town or city. Then, especially after World War II, families started to disperse. The search for better jobs, as well as the greater affordability of the automobile and better roads to travel on, spurred the exodus of people to far flung locations away from the traditional homestead. Many soldiers returning from the wars in Europe and Asia were no longer satisfied to remain in their home towns, particularly those towns with limited job opportunities.

These veterans sought and acquired jobs in other cities, some of which were in locations far from their parents. They married and raised their families in those new locations. Thus, families of several generations were no longer in close proximity to one another. An examination of your Christmas card list will show how much dispersal there is.

A direct result of this separation is the huge desire of families at Thanksgiving and Christmas to come together for short reunions. The news media point out that those are the most traveled periods of the year. There undoubtedly are other visits of family members throughout the year, but it is the holiday ones which are most urgently looked forward to. It is a time when families look forward to the visit of their children or other close relatives and friends; they enjoy the visit; and are sad when the visit is over and the guests leave.

What is difficult for some seniors, for instance who live far from their children and grandchildren, is that they miss out on so much of what goes on in the lives of those far away. Also, the grandchildren, in turn, miss out on special relationship which grandparents are uniquely qualified to offer.

In this regard this senior is fortunate to live close to his son's family, and thus close to his two granddaughters. This provides a great opportunity to share their lives close up. My daughter, who lives in Wisconsin, makes the trek each Christmas to visit. As noted above, I too anticipate happily the visit, enjoy her stay; and am sad to see her leave. I, and all other seniors with children in far away places must endure this situation because those long ago days of togetherness are gone forever.



SENIOR TRANSPORTATION INFORMATION

Cost: Seniors age 60 or over .25¢ suggested donation per one way trip
Under 60, but ADA \$2.00 required per one way trip

Scheduling: Call for an appointment 24 hours in advance, before 3:00 p.m.
Rides are available 8:00 a.m. to 2:30 p.m. on Tuesdays
8:00 a.m. to 4:30 p.m. Mon, Wed, Thurs and Friday.

Call: Fran Rodriguez, Transportation
Dispatcher at 955-4700

Note: Drivers may arrive up to 15 minutes before or after scheduled pick-up time.

ECHO Commodities Food Distribution

At the County Extension Building.
3229 Rodeo Rd.
Third Tuesday of every month
9:30 a.m. - 1:30 p.m.
Next distribution October 19.
Call 505-242-6777 for more information.



Help! Help! Help!

The Nutrition Section at the Mary Esther Gonzales Senior Center needs some extra helpers! Could you spare a little time, once or twice a week, to help prepare the dining room for lunch, serve the food, carry trays for the disabled, or help with the preparation of the meals in the kitchen? If so, just show up and speak to George or Sandra. Thank you, in advance.

"Age is an opportunity no less than youth itself, though in another dress." —Henry W. Longfellow

Housing Support for Spanish Speaking Immigrants

(From *Community Development Division Newsletter*, August/ September 2004)

For a third year, the City of Santa Fe's Community Development Division applied for and received funding from HUD's FHIP to support education and outreach activities regarding the federal fair housing act.

The project, called Proyecto de Vivienda Digna, continues a productive partnership with Homewise and Somos un Pueblo Unido for the purposes of providing counseling and advocacy support to Santa Fe's Spanish speaking immigrant community. This group is particularly vulnerable to abuses and suffers discriminatory treatment as they try to rent and buy homes.

Somos teaches people about their rights as renters and protections offered by fair housing laws, and Homewise helps potential homebuyers secure financing and buy a home. In the last year, the project provided counseling to over 600 Spanish-speakers and helped 38 immigrant families buy homes.

For more information, contact Linda Hall at 955-6913 or Alexander Ladd at 955-6567.

AARP Action Meeting

The next meeting of the local AARP Chapter 381 will meet at 9:30 a.m. on Tuesday, October 12 at the AARP offices, 535 Cerrillos Road. Come help decide the structure of the Chapter's future and learn how you can become active advocating for seniors in New Mexico. Everyone is welcome-you do not need to be an AARP member to attend. For more information, call Waldo Anton, Community Coordinator, at 471-4540.

Widowed Person's Luncheon

The next luncheon gathering will be Sunday, October 10th at 1:15 p.m. at Ponce de Leon Retirement Community, 640 Alta Vista St. To reserve your space or to learn who the speaker is, please call Virginia at 983-6250.



Free Medicine Program

(Excerpted from *The New Mexico Senior Citizen* July 2004)

The Free Medicine Program helps people take advantage of patient assistance programs that already provide free prescription medicines to more than 6.2 million Americans, according to the Pharmaceutical Research and biotechnology companies. Millions more could benefit from these programs but don't even know it.

Not only does the program help people decide which private or pharmaceutical company program would be best for them, but it also aids in dealing with the ever-changing requirements and often daunting application process needed to qualify for these programs. That process alone can ordinarily be extremely tedious, confusing and time consuming. To help its members, the program processes their information and sends them customized packages, prepared specifically to meet their needs. The members get a letter for their physicians (the assistance of a doctor has significant bearing on acceptance in the program) and information on the application process. The completed papers are sent to the appropriate drug manufacturers for approval.

Once a member is approved, the free medicines generally arrive in two to three weeks. There's a one-time processing fee of five dollars, which is refunded to anyone who can't get medicines free of charge through the program. You can apply for help and learn more about the program online by visiting the Web site at www.freemedicineprogram.com or calling (646) 205-8000.

Prayer

(Submitted by senior Bernadette Sandoval)

If tears could build a stairway, and memories a lane,
I'd walk right up to Heaven and bring you home again.

LEGAL & CONSUMER INFORMATION

Is This Thing Ripe Yet?

(From *Reader's Digest* May 2004)

Often, squeezing a peach won't tell you if it's ripe, since it softens from the inside out (when the outside is soft, the inside may be too soft). And you can't judge it on its looks, since most don't change color as they ripen.



Ripe Sense will help. It's a new one-time use sensor that changes color as the fruit ripens: Red means crisp: Orange means firm: Yellow means ready to eat. Look for Ripe Sense on pears this fall and later, on other fruits without visual clues to ripeness. "Censored" fruit may cost more, but if it means no more rotten produce, Ripe Sense may be worth it.

As We See Ending Isolation

(Excerpted from *AARP Bulletin* May 2004)

A new study reports that more than half of all nondrivers age 65 and older stay at home on any given day. One of the main reasons is that their means are limited. America is truly an automobile society. More than 3.5 million Americans age 65 and older risk becoming isolated simply because they don't drive. And the problem is particularly acute in rural America, where there are fewer transportation options than in cities and suburbs, and where walking is often difficult or unsafe. The study, *Aging Americans: Stranded without Options*, was released last month by the surface transportation policy project, in collaboration with AARP. It finds that, as Americans grow older, our existing transportation network will not meet their needs.

Clearly, federal, state and local policy makers have to invest in and create more livable communities. To be more livable, communities must include the physical features and readily accessible services that enable older residents to remain independent as long as possible. Better transportation is the No. 1 priority, but it is not the only one. Making communities safe from crime is also important. And it is important for older people for all people, in fact- to live close to basic services, such as food and drug stores, medical services and place of worship.

Share the Road

(From *New Mexico Journey* March/April, 2004)

"Walking is a right; driving is a privilege," says Jonathon La Valley, head of New Mexico Pedestrian Safety Project. "Everybody should have the right to walk and be safe on the streets." Obviously, La Valley isn't giving the green light to folks who cross city streets without regard to crosswalks. But he has good reason to be concerned.

New Mexico has the dubious distinction of having the highest pedestrian-fatality rate in the nation; 3.2 per 100,000 - nearly twice the national average, according to 2002 figures from the National Highway Traffic Safety Administration. A number of factors account for this statistic, including poverty and "rurality," says La Valley. Poor people are less likely to have cars and more likely to walk. High-speed state highways often bisect rural communities; residents crossing from one side to the other get hit and sometimes killed. In many cases, the pedestrian is at fault. Alcohol is a factor in nearly 50 percent of adult fatalities in some communities. Here's how you can help:

- Stop behind, not in the middle, of crosswalks.
- Look for people, not just cars, as you take that right turn on a red light.
- People sometimes do unexpected things. Allow plenty of time to react if a pedestrian does something unanticipated.
- Children play in driveways, so don't assume you've got a clear path to the garage when you pull in. More important, back out slowly; it's easy to miss children playing behind the vehicle or on the sidewalk near the driveway.
- Watch for clues. A ball rolling into the street might have a child following close behind. A car on the side of the highway may indicate pedestrians nearby.
- Focus on the road, not on your cell phone or the kids in the backseat. If you're a pedestrian, don't assume that drivers will see you. Use the crosswalk where available, and always hold the hands of young children near busy roads. If you're in a rural community with no sidewalks, walk facing oncoming traffic and wear light-colored clothing after dark. After all, safety is a two-way street.

RSVP THE RETIRED AND SENIOR VOLUNTEER PROGRAM

COMMUNITY NEEDS

The following are volunteer positions, and each comes with training and support. If you are interested in any of these exciting opportunities, please call Kristin Slater-Huff in the Retired & Senior Volunteer Program office, at 955-4760. We will enroll you in RSVP, provide you with free insurance, and give you volunteer support through banquets, gifts and mailings while we set you up in the volunteer job(s) of your choice.

A member of our senior community has lost her sight and needs a little assistance. She would appreciate having someone to drive her to the grocery store and help her find the items she needs to buy. You can do your own shopping at the same time. If you have a couple of hours a week to spare for this, please consider it.

The **Randall Davey Audubon Center** has many great volunteer options. Enjoy the unsurpassed beauty of the Audubon Center while volunteering your time and talents at this serene 135-acre wildlife sanctuary on Upper Canyon Road. Volunteers are needed in the visitor's center/nature store where you'll greet people, answer questions and ring up sales. If you have an interest in historic buildings and Santa Fe lore, you may enjoy being a docent for the 150 year old Randall Davey Home and Studio. Docents are needed on Mondays from 1:30 – 3:30 and occasionally for special events. Training is provided and the learning opportunities are endless!

The wonderful librarian at the **Acequia Madre Elementary School Library** needs you! She is seeking some additional volunteers (who enjoy being around children) to help out in their small library. The two main jobs are weeding out the very tattered or out-of-date books to make room for new ones, and also labeling the binding of each book with a sticker saying what sort of book it is. She would, of course, show you specifically what needs to happen. She needs help when she is there: Mondays and Wednesdays, between 7:30 a.m. and 3:00 p.m.

Want to help Santa Fe families get a good home? You can help **Habitat for Humanity** build more houses this year in partnership with families that need a quality, affordable home. You do not need to be physically active or skilled to help them. They need volunteers to help in their office, in their resale store, or at the construction sites. You volunteer for any time period that is convenient for you. Experience is not necessary. They train and provide all tools, equipment and support needed. Your valuable time and effort can help make affordable housing a realistic goal for Santa Fe County residents.

The Food Depot works to minimize hunger in Northern New Mexico. As a food bank, they collect and efficiently distribute food to affiliated agencies for further distribution directly to those in need.



Each month, the Food Depot distributes an average of 178,000 pounds of food and household products, providing more than 230,000 meals through its member agencies. In the last six years, the Food Depot distributed nearly seven million pounds of food and related products.

The Food Depot hunger network is composed of 100 member agencies including emergency food pantries, hot meal programs, homeless shelters, youth programs, group homes, senior centers, children's homes, day care centers and shelters for battered persons.

Volunteers are needed in the warehouse, on the Bread Team, the Produce Team and the General Warehouse Team. Others are needed on the Office Team, the Mailing Team, the Speakers Bureau Team, and for special projects such as the Special Events Team, the Santa Fe Farmers' Market Team and the Food 4 Kids Team.

Think about what would suit you best, and make the choice to give them a hand!

RSVP continued

Congratulations to some RSVP Volunteers!

Submitted by Gilbert Griego

Another year of Senior Olympics has gone by. The New Mexico State Senior Olympics in Las Cruces were held August 4-8 at New Mexico State University. The Singing-Swinging Seniors competed for the second year in a row.

This year the Singing-Swinging Seniors placed fourth in the Group competition. This a step up from last years fifth place. The group was comprised of Gilbert Griego, Carlos Aguirre, Orlando Watson, Delia Mendoza, Terri Gonzales, Tina Valdez, and Claudia Montoya.

In the Solo Competition Terri Gonzales took second place in state again, singing "Cielo Rojo." She was terrific.

Gilbert Griego placed fifth in the solo competition playing a violin solo, of "San Antonia Rose." We all had a good time.



What motivates you to volunteer?

Have you ever stopped to ask yourself why you volunteer (or why you don't)? Do you get out there and give of you time for:

Recognition?	Satisfaction?
Socialization?	Skill Building?
Civic Duty?	Enjoyment?

All of those benefits can come along with a good volunteer job. If you are already volunteering, see how you can get those benefits. If you are not a volunteer, why not join up?



The Volunteer Programs wish a very happy birthday to our RSVP, SCP and FGP volunteers born in the month of

October

Mela Sanchez	10/1	Brenda Gonzales	10/16
Della Vigil	10/1	John B. Trujillo	10/16
Helen Maestas	10/2	Alex Vargas	10/16
Lupita F. Romero	10/4	Mary Bennett	10/17
Josephine Fleming	10/5	Penny Dever-Reynolds	10/17
Ola M. Garcia	10/6	Joe E. Romero	10/18
Daniel Koenig	10/6	Pete Abeyta	10/19
Cordelia Schab	10/6	Delia M. Mendoza	10/19
Berlene Armijo	10/7	Mercedes Roybal	10/19
Louise O. Halpin	10/7	Mary Gundersen	10/22
Margaret Chavez	10/8	Nabor Maestas	10/22
Helen Akes	10/9	Howard L. Nix	10/22
Guadalupe P. Martinez	10/9	Gerald Watman	10/23
Helen R. Martinez	10/9	Anna Marie McQuarie	10/24
Mercedes Moreno	10/9	Rafaella "Fela" Torres	10/24
Frances Valdez	10/9	Lucy McCachren	10/25
Edna Ferran	10/10	Donelia Trujillo	10/25
Delfina G. Trujillo	10/10	Elena Montano	10/26
Rumalda Hunter	10/11	David M. Davis	10/27
Karin Roth	10/11	Kristina Harrigan	10/27
Shirley Earp	10/12	Tony Rivera	10/27
Allen Madrick	10/13	Femia Bustamante	10/28
Charles Anaya	10/14	Marianne Hale	10/29
James L. Dickens	10/14	Vincent Newman	10/29
Joseph C. McGuire	10/14	Esther Reyes	10/30
Charles W. Pomeroy	10/15	Ola Mae Tryon	10/30
Dolores S. Sena	10/15	Russell Mooney	10/31

Have a Great Day!

ACTIVITIES

Lovelace Sandia Health Systems will be available at the following senior centers with information about their health plan:

El Rancho Senior Center on Wednesday, October 6th at 11:00 a.m.

Rio en Medio Senior Center on Wednesday, October 13th at 11:30 a.m.

Columbus Day Closure

All centers will be closed on Monday, October 11th in observance of Columbus Day.

All services will resume on Tuesday, October 12th.



Fall Lecture Series

New Mexico History

Doug Peterson- Presenter

Legal Hearings, Trials and Tribulations

Mon. Oct 4: Coronado

Hearings and accusations on his activities in the exploration of New Mexico.

Mon. Oct 18: Oñate

Trial and Despotism of changes against New Mexico's First Governor.

Mon Oct 25: Inquisitions Trials 1660's

Brought by the Italy office of the Inquisition against 2 governors and others.

Mon. Nov 1: Vargas

Hearings, house arrest and subsequent exoneration of New Mexico's most famous Spanish Governor.

Mon. Nov 8: Territorial Trials

Aftermath of the Lincoln County War and the Trial of Oliver Lee, charged in the disappearance of Albert Fountain and his young son.

All lectures will be held at M.E.G.

9:30 AM to 10:30 AM.

Please call Gloria to enroll in one or all lectures at 955-4721.

Senior Center Movie Days

MEG Senior Center

Projected on a huge, Theater-style 14'x16' screen

"Radio" on

Thursday, October 14th at 1:15 p.m.



Based on a true, touching story about football coach Harold Jones (Ed Harris) befriends Radio (Cuba Gooding), a mentally-challenged student at T. L. Hanna High School in Anderson, South Carolina. Their friendship extends over several decades, where Radio transforms from a shy, tormented student into an inspiration to his community. Drama. Rated PG

Luisa Center

"Under the Tuscan Sun"

Wednesday, October 27th at 1:00 p.m.

Starring Diane Lane:

While on vacation, a just-divorced writer buys a

villa in Tuscany on a whim, hoping it will be the start of a change for the better in her life. Rated PG-13. Drama/Comedy/Romance



Spelling Bee

The annual New Mexico Senior Spelling Bee is on Wednesday, October 20th in Albuquerque.

There are two separate Spelling Bees: one in Spanish, and one in English.

For information or to register, call Melanie at 955-4761.

ACTIVITIES



OCTOBER BIRTHDAY CELEBRATION

The Mary Esther Gonzales Senior Center will host a party on Friday, October 15th at 12:00 p.m. in celebration of those with birthdays in October.

Everyone is welcome!

Join in and enjoy the sing-a-long!



Senior Travel Committee Trip

Carlsbad, NM

December 6, 7 & 8, 2004.

Prices to be announced.

To reserve your space or for more information, call Don Bell at 982-2707.

Aspen View Day-Trip to Hyde Park

Friday, October 1st.

Vans depart from MEG Center at 9:00 a.m., and return by 2:30 p.m.

Fee of \$6.00 includes transportation and a sack lunch.

Wear walking shoes. Dress for cool weather.

Bring a light jacket, water, and a camera!

Optional: Ski Santa Fe chairlift, round-trip lift ticket for \$7.00. (Over age 72 ride chairlift free.)

Call Gloria at 955-4721 to reserve your space.





HALLOWEEN DANCE & COSTUME CONTEST

Friday, October 29th
1:00 p.m. to 4:00 p.m. \$2.00

Costume Contest begins at 2:00 p.m.
Prizes will be given for the funniest, scariest, and most original costume.

Band: TBA

Fraternal Order of Eagles
833 Early Street

Sponsored by Heritage Home Healthcare

Bring your Senior ID Card.

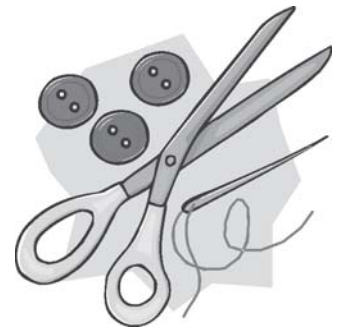
HAPPY HALLOWEEN!



Sew an Apron

Learn to sew an apron! It's easy! They make great gifts!

You will need to purchase material. All other supplies will be available.



Half-day class will be on Tuesday, October 19 from 9:00 a.m. to noon at the Mary Esther Gonzales Senior Center.

Sponsored by the Santa Fe County Cooperative Extension Office.

For more information, call Imelda Garcia 471-4711. We need you!

ACTIVITIES



Holiday Arts & Crafts Fair

Luisa Senior Center,
Saturday, November 20th

Calling all crafters! Space is available, but limited. For more info or to reserve your space, please call Christine at 955-4715.

Nutrition Presentation: The Truth about Low Carb Diets



Sponsored by the Santa Fe
County Extension Office
Monday, November 8th at 1:30 at the M.E.G.
Senior Center 1121 Alto St.
For information and to reserve your space, call
Imelda Garcia at 471-4711.

Kitchen Creations

A free cooking school for people living with diabetes. Learn to prepare foods the healthy way for people with diabetes.

Nov. 2- The Food Guide Pyramid and 50/50 Plate

Nov. 9- Desserts and Carbohydrates

Nov. 16- Vegetables, Grains and Beans

Nov. 23- Heart-Healthy Cooking

Class time: 1:00 to 4:00 p.m.

Location: Luisa Senior Center, 1522 Luisa St.

Classes are designed to offer information on diabetes and will allow hands-on cooking experience.

Kitchen Creations is sponsored by the Santa Fe County Extension Office.

For information or to reserve your space, please call Imelda Garcia at 471-4711.

Knit/Crochet for Needy Children

Make hats and scarves for children in our community. Instruction is available, but all levels of expertise are welcome!

Join the group each Friday afternoon at 2:30 p.m. in the MEG Center craft room at 1121 Alto Street. Coordinator/Instructor: Ann Ross.

Compensation Program

Floyd Archuleta, Site
Manager for the Energy
Employees
Compensation
Resource Center, will be
giving a presentation on
Wednesday, October 13th at 11:30 at the Mary
Esther Gonzales Center.



Former employees of energy labs who have cancer, chronic beryllium disease, chronic silicosis, or beryllium sensitivity may qualify for medical benefits and/or compensation. Even specified survivors of deceased employees may be eligible for benefits.

Staff will be present in the afternoon for one-on-one consultations.



Employment Skill Training and Job Search

Do you want a job but need help getting started? Want to find out what businesses are hiring? Interested in learning new skills for the job?

Do you want to learn how to use a computer? Join us for a 20-minute presentation on FREE services for those seeking employment.

Sponsored by SER – Jobs for Progress, Inc.
Santa Fe.

Thursday, October 14 at 11:30am at MEG Center.

ACTIVITIES schedule by center

All activities are free of charge and open to anyone 60 years and over with a senior membership card.
Classes are held at Santa Fe County and City of Santa Fe Senior Centers. See inside cover.

Weaving Open Crafts Ceramics Shopping/Errands	CHIMAYO Monday Tuesday Wednesday Thursday	12:30 pm 12:30 pm 12:30 pm 12:00 pm	Coffee Social Guitar (beginner) Exercise Yoga Beg. Line Dancing Adv. Line Dancing Sing-A-Long (Span.) Sewing Wood/Straw Tai Chi Sounds of the Past (English)	PASATIEMPO Mon. thru Fri. Monday Mon./Wed./Fri. Tuesday Tuesday Tuesday Wednesday Wednesday Wednesday Thursday Mon. & Thurs.	8:00 am 9:00 am 10:00 am 8:30 am 12:30 pm 1:00 pm 11:30 am 1:00 pm 9:30 am 9:00 am 12:00 am
Board Games Ping-Pong Ceramics (beg.) Exercise Bingo Ceramics Leatherwork Sing-A-Long Art Technique	EDGEWOOD Mon. thru Fri. Mon. thru Fri. Monday Tuesday Tuesday Tuesday Wednesday Thursday Thursday	10:00 am 12:30 pm 1:00 pm 10:00 am 12:30 pm 1:00 pm 1:00 pm 1:00 pm 12:30 pm 1:00 pm			
Bingo Ceramics Weaving Open Arts & Crafts Shopping/Errands	EL RANCHO Mon./Wed. Monday Wednesday Tues./Wed. Thursday	12:00 pm 12:00 pm 9:00 am 12:00 pm 12:00 pm	Liquid Embroidery Ceramics Bingo	RIO EN MEDIO Wednesday Wednesday Wednesday	10:00 am 10:00 am 12:30 pm
Coffee Social Pool/Cards Liquid Embroidery Sing-A-Long Guitar Lessons Quilting Walking Bingo Movie Day	LUISA Mon. thru Fri. Mon. thru Fri. Monday Tuesday Wednesday Thursday Friday Friday Last Wed. of Month	8:00 am 8:00 am 9:00 am 11:45 am 9:00 am 9:00 am 8:30 am 1:00 pm 1:00 pm	Weaving Ceramics Open Crafts Exercise Wood/Straw Shopping/Errands	SANTA CRUZ Monday Monday Tues./Fri. Mon./Wed. Tuesday Thursday	9am/12:30pm 12:30 pm 9:00 am 9:45 am 12:30 pm 12:00 pm
Exercise Pool/Cards Bingo Movie Day Ceramics Wood/Straw Quilting Sing-A-Long Knitting	M.E.G. Mon. thru Fri. Mon. thru Fri. Mon./Wed. 2nd Thursday Wed./Fri. Thursday Thursday Friday Friday	7:30 am 8:00 am 1:00 pm 1:15 pm 9:30 am 9:30 am 1:00 pm 11:30 am 2:30 pm	Bd. Games/Cards Coffee Social Bingo Art Technique Open Crafts Exercise	VENTANA DE VIDA Daily Mon. thru Fri. Monday Tuesday Friday Daily	10:00 am 11:00 am 1:15 pm 1:15 pm 1:15 pm 8:30 am
			Coffee Social Ceramics Open Crafts Clay Bingo Wood/Straw	VILLA CONSUELO Mon. thru Fri. Mon./Wed./Fri. Mon./Wed./Fri. Mon./Wed. Tues./Thur. Wednesday	8:00 am 9:30 am 9:00 am 9:00 am 11:00 am 1:00 pm

Classes are subject to change or cancellation. For more information, please call 955-4725.

ACTIVITIES schedule by class

All activities are free of charge and open to anyone 60 years and over with a senior membership card.
Classes are held at Santa Fe County and City of Santa Fe Senior Centers. See inside cover.

ART CLASS

Edgewood	1:00 pm	Thursday
Ventana de Vida	1:15 pm	Tuesday

BINGO

El Rancho	12:00 pm	Mon./Wed.
Luisa	1:00 pm	Friday
M.E.G.	1:00 pm	Mon./Wed.
Rio en Medio	12:30 pm	Wednesday
Ventana de Vida	1:15 pm	Monday
Villa Consuelo	11:00 am	Tue./Thur.
Edgewood	12:30 pm	Tuesday

BOARD GAMES

Edgewood	10:00 am	Mon. thru Fri.
Ventana de Vida	10:00 am	Mon. thru Sat.

CERAMICS

Chimayo	12:30 pm	Wednesday
Edgewood (Beginner)	1:00 pm	Monday
Edgewood	1:00 pm	Tuesday
El Rancho	12:00 pm	Monday
Rio en Medio	10:00 am	Wednesday
Santa Cruz	12:30 pm	Monday
Villa Consuelo	9:30 am	Mon./Wed./Fri.

CLAY

Villa Consuelo	9:00 am	Mon./Wed.
M.E.G.	9:30 am	Tuesday

COFFEE SOCIAL

Luisa	8:00 am	Mon. thru Fri.
Pasatiempo	8:00 am	Mon. thru Fri.
Ventana de Vida	11:00 am	Mon. thru Fri.
Villa Consuelo	8:00 am	Mon. thru Fri.

CROCHET/EMBROIDERY/KNITTING

Luisa (Liquid)	9:00 am	Monday
Rio en Medio (Liquid)	10:00 am	Wednesday
M.E.G.	2:30 pm	Friday

EXERCISE

Edgewood	10:00 am	Tuesday
Luisa (Walking)	8:30 am	Friday
M.E.G.(Open)	7:30 am	Mon. thru Fri.
Pasatiempo (Class)	10:00 am	Mon./Wed./Fri.
Santa Cruz	9:45 am	Mon./Wed.
Ventana de Vida (Open)	8:30am	Mon. thru Fri.

GUITAR (Beginner)

Pasatiempo	9:00 am	Monday
Luisa	9:00 am	Wednesday

LINE DANCING

Pasatiempo (Beg.)	12:30 pm	Tuesday
Pasatiempo (Adv.)	1:00 pm	Tuesday

LEATHERWORK

Edgewood	1:00 pm	Wednesday
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MOVIE DAY

Luisa	1:00 pm	Last Wednesday
M.E.G.	1:15 pm	2nd Thursday

OPEN ARTS & CRAFTS

Chimayo	12:30 pm	Tuesday
El Rancho	12:00 pm	Tues./Wed.
Santa Cruz	9:00 am	Tues./Fri.
Villa Consuelo	9:00 am	Mon./Wed./Fri
Ventana de Vida	1:15 pm	Friday

PING PONG

Edgewood	12:30 pm	Mon. thru Fri.
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POOL/CARDS

Luisa	8:00 am	Mon. thru Fri.
M.E.G.	8:00 am	Mon. thru Fri.

QUILTING/SEWING

Luisa	9:00 am	Thursday
Pasatiempo	1:00 pm	Wednesday
Ventana de Vida	1:00 pm	Friday
M.E.G.	11:30 am	Thursday

SING-A-LONG

Edgewood	12:30 pm	Thursday
Luisa	11:00 am	Tuesday
Pasatiempo (Spanish)	11:30 am	Wednesday
Pasatiempo (English)	12:00 am	Mon./Thurs.
M.E.G. (Spanish)	11:30 am	Friday

TAI CHI

Pasatiempo	9:00 am	Thursday
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WEAVING

El Rancho	9:00 am	Wednesday
Santa Cruz	9am/12:30pm	Monday
Chimayo	12:30 pm	Monday

WOOD/STRAW APPLIQUE

M.E.G.	9:30 am	Thursday
Pasatiempo	9:30 am	Wednesday
Santa Cruz	12:30 pm	Tuesday
Villa Consuelo	1:00 pm	Wednesday

YOGA

Pasatiempo	8:30 am	Tuesday
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SENIOR OLYMPICS corner

State Senior Olympics Results

Submitted by Bill Greaves

Santa Fe athletes some ninety strong qualified for the New Mexico Senior Olympic games, held again this year in Las Cruces. Listed below are the sixty six winners of medals in the authorized athletic events and the talent contest. To be on this list an athlete must have won at least one gold, silver, or bronze medal. However, bowlers who finished in the top ten places are listed, since many bowling events are mentioned, because of the large number of bowling entrees.

Sadly, some people who qualified for state did not appear at their events, for one reason or another. The results are official and were sent to Ron Pacheco from state headquarters. The data was compiled by yours truly; every effort was made to present them with accuracy. The successful winners are listed below in alphabetical order.

Senior Olympic Statewide Talent Show Winners

In the "Solo Talent" category:

Gold- Tony Romero

Silver- Terri Gonzales

Bronze- Elvira Reynoso

El Grupo Encantado

Carlos Aguirre

Gilbert Griego

Delia Mendoza

Claudia Montoya

Christine Valdez

Orlando Watson

Terri Gonzales



New Mexico Senior Olympics

Participants Results

Aceves, Ann	Swimming	Age 70	4 Gold, 3 Silver
Acuna, Levi	Badminton	Age 84	1 Silver
Armbruster, Joseph	Racewalk	Age 73	3 Gold
Baca, Arthur	Bowling	Age 70	2 Bronze
Baca, Arthur	Horseshoes	Age 70	1 Bronze
Baker, Kelly	Basketball	Age 60	1 Gold
Barela, Annie	Volleyball	Age 59	1 Bronze
Borrego, Rebecca	Bowling	Age 69	1 Silver
Borrego, Rebecca	Bowling	Age 69	1 Fifth, 1 Tenth
Buyse, Harold	Golf	Age 54	1 Bronze
Diamond, Carl	Basketball	Age 63	1 Gold
Dodge, David	Swimming	Age 58	8 Gold
Esparzen, Albert	Track & Field	Age 68	4 Gold
Fernandez, Robert	Air Gun	Age 68	1 Silver
Fried, Gerald	Tennis	Age 76	1 Bronze
Gerlach, Charles	Bowling	Age 72	1 Bronze
Geyer, Pamela	Volleyball	Age 60	1 Gold, 1 Bronze

SENIOR OLYMPICS corner

Garcia, Lou	Volleyball	Age 54	1 Bronze
Goering, Dale	Cycling	Age 74	3 Gold, 1 Bronze
Goering, Dale	Road Race	Age 74	2 Gold
Gonzales, Mary	Volleyball	Age 61	1 Gold, 1 Bronze
Gonzales, Rudi	Horse shoes	Age 70	1 Silver
Gonzales, Rudi	Bowling	Age 70	1 Seventh
Gonzales, Terri	Talent	Age N/A	1 Silver
Greaves, Bill	Tennis	Age 73	1 Gold
Greaves, Bill	Track & Field	Age 73	2 Silver
Griego, Ernest	Racquetball	Age 64	1 Silver
Griego, Ernest	Basketball free throw	Age 64	1 Gold
Gurule, Manny	Basketball	Age 64	1 Gold
Hughes, Gordon	Bowling	Age 78	1 Silver
Koch, James	Track & Field	Age 69	1 Gold
Ladas, Alice	Tennis	Age 73	1 Bronze
Lattin, Vernon	Racquetball	Age 66	2 Silver
Luzit, William	Air Gun	Age 81	1 Silver
Lloyd, Wayne	Track & Field	Age 54	1 Gold, 2 Silver, 1 Bronze
Lobato, Eloisa	Bowling	Age 76	1 Eighth
Lovato, Rosemary	Bowling	Age 62	1 Silver, 1 Fifth
Lujan, Laura	Track & Field	Age 73	2 Silver
Lujan, Laura	Horse Shoes	Age 73	1 Bronze
Lujan, Laura	Bowling	Age 73	1 Seventh
Luna, Dennis	Bowling	Age 69	1 Fifth
Martinez, J. R.	Track & Field	Age 70	1 Gold, 1 Silver, 1 Bronze
Martinez, Jose R.	Tennis	Age 72	1 Gold
Mayer, Arlene	Track & Field	Age 73	3 Gold
Mayer, Arlene	Basketball	Age 73	1 Gold
Mayer, Arlene	Volleyball	Age 73	1 Gold, 1 Bronze
Mc Clure, Barbara	Table Tennis	Age 81	1 Bronze
Mc Clure, Barbara	Basketball free throw	Age 81	1 Silver
Mear Don, Arnold	Swimming	Age 74	2 Gold, 3 Silver
Mear Don, Arnold	Track & Field	Age 74	1 Gold
Mendoza, Bernardo	Shuffleboard	Age 67	1 Bronze
Mendoza, Bernardo	Bowling	Age 67	1 Bronze
Montoya, Joyce	Tennis	Age 68	1 Bronze
Montoya, Joyce	Volleyball	Age 68	1 Gold, 1 Bronze
Montoya, Ramon	Cycling	Age 71	1 Gold, 1 Bronze
Owens, Kent	Track & Field	Age 55	1 Gold
Page, Mary	Volleyball	Age 55	1 Bronze
Puckett, Raymond	8 Ball Pool	Age 53	1 Gold
Puckett, Raymond	Bowling	Age 53	2 Bronze
Quintana, Bennie	Basketball	Age 69	1 Gold
Quintana, Gerald	Basketball	Age 67	1 Gold
Robinson, Terrance	Table Tennis	Age 62	1 Bronze
Rogers, Bonnie	Tennis	Age 55	1 Silver, 1 Bronze

SENIOR OLYMPICS corner

Romero, Toney	Talent	Age 64	1 Gold
Roth, Karin	Swimming	Age 58	3 Silver, 3 Bronze
Roth, Karin	Triathlon	Age 58	1 Silver
Roth, Richard	Swimming	Age 66	3 Gold, 4 Silver
Roth, Richard	Cycling	Age 66	2 Silver
Roth, Richard	Triathlon	Age 66	1 Gold
Roybal, Ben	Bowling	Age 75	1 Sixth, 1 Tenth
Roybal, Johnny	Bowling	Age 65	1 Fifth, 1 Seventh
Roybal, Johnny	Cycling	Age 65	1 Gold, 1 Bronze
Roybal, Johnny	Horseshoes	Age 65	1 Gold
Sauer, Donald	Golf	Age 70	1 Gold
Spinelli, Beatrice	Bowling	Age 82	2 Seventh
Tabelli, Martin	Bowling	Age N/A	1 Seventh
Taylor, Harvey	Swimming	Age 76	1 Silver, 1 Bronze
Taylor, Sam	Track & Field	Age 63	1 Silver
Tjiema, Thelma	Track & Field	Age 77	2 Silver, 2 Bronze
Trujillo, Miguel	Shuffleboard	Age 88	1 Gold
Trujillo, Miguel	Bowling	Age 88	1 Silver, 1 Fourth
Tuma, Samuel	Air Gun	Age 56	4 Gold
Valdez, Frances	Bowling	Age 62	1 Ninth
Valdez, Gilbert	Bowling	Age 63	2 Seventh, 1 Ninth
Van Welt, Roberta	Swimming	Age 74	6 Gold, 1 Bronze
Voelker, Irene	Swimming	Age 76	2 Silver, 1 Bronze
Yancey, Marianne	Swimming	Age 76	1 Gold, 2 Silver, 2 Bronze

Now that the above Olympians have been given credit for their achievements, there is little more to say except to keep your sights on the ultimate goal, which is doing your best in the National Games. I realize that we have eight months until June of 2005 when we compete in Pittsburgh, but the months have curious habit of flying by. So we need to stay in shape, practice hard, keep our resolve high and focus on the days of tough competition as well as the good fellowship and fun in Pennsylvania.

Parting shot: It has been three years since 9/11 as I write this last message. It is a simple but extremely important request; for the benefit of our great nation: Please exercise the wonderful privilege of voting on November 5th. Whether you are convinced that Bush or Kerry or Nader is the best candidate to lead our nation in these uncertain times, follow up that conviction by entering the voting booth and casting your ballot. Nobody else can do it for you. You will feel a sense of fulfilling your responsibility by doing so.

Hasta Noviembre, mis amigos!



SENIOR CENTERS MEMBERSHIP INFORMATION

Do you have a white Senior Center Membership ID Card?

All senior citizens who make use of the programs, transportation, activities or meals provided by the Division of Senior Services should have a Senior Center Membership ID Card. The card is white with the senior's photograph, emergency contact, medication information, and a barcode on it.

The barcode enables us to scan the card when we provide meals, transportation, activities, or commodities so that we can record units of service provided. The more units of service we can document, the more funding we receive to continue and expand our services to the senior population. So, it is very important to our programs for each senior to have a card and to bring it every time they use any Senior Services program.

If you do not have a card, please come get one. The card costs \$2 (\$1 for a reprint, if you lose yours or the information needs to be updated). The white cards NEVER EXPIRE!

THE FOLLOWING IS THE SENIOR ID SCHEDULE FOR OCTOBER 2004:

M.E.G. Center	Tuesdays	Oct. 5, 12, 19, 26	9:30 to 12:00 & 1:30 to 3:00
M.E.G. Center	Thursdays	Oct. 7, 14, 21, 28	9:30 to 12:00 & 1:30 to 3:00

HEALTH

BLOOD PRESSURES, BLOOD SUGAR AND OXYGEN LEVEL TESTS

All tests are free of charge and open to anyone age 60 or over. Following the tests is a brief, free medical consultation, based on test results.

Tests this month will be conducted on the following dates:

M.E.G. Center - First & Second Tues. (Tests conducted by Joanne M. Valdez, RN, BSN and /or Joan Sudborough, RN, BSN)	October 5 & 12	11:00 a.m. to 12:00 noon
Luisa Center - First Thurs. (Tests conducted by Joanne M. Valdez, RN, BSN and /or Joan Sudborough, RN, BSN)	October 7	11:00 a.m. to 12:00 noon
Villa Consuelo Center - Second Thurs. (Tests conducted by Joanne M. Valdez, RN, BSN and /or Joan Sudborough, RN, BSN)	October 14	10:00 a.m. to 11:00 a.m.
Pasatiempo Center - Third Tues. (Tests conducted by Joanne M. Valdez, RN, BSN and /or Joan Sudborough, RN, BSN)	October 19	11:00 a.m. to 12:00 noon
Ventana de Vida Center - Third Thurs. (Tests conducted by Joanne M. Valdez, RN, BSN and /or Joan Sudborough, RN, BSN)	October 21	11:00 a.m. to 12:00 noon
Edgewood Center - Every Thurs. (Tests conducted by Valerie Dorcy, RN)	October 7, 14, 21, 28	1:00 p.m. to 3:00 p.m.
El Rancho Center - Second Tues. (Tests conducted by Jerry Davis, RN)	October 12	10:00 a.m. to 12:00 noon
Santa Cruz Center - Third Wed. (Tests conducted by Frances Vigil, RN)	October 20	11:00 a.m. to 1:00 p.m.

HEALTH

SENIOR FITNESS

Exercise Can Protect Against Diabetes

By Jim Evans, a nationally recognized consultant on fitness for seniors and chairman of the RSVP Advisory Council in San Diego, California.

DEAR JIM: My husband and I are afraid of developing diabetes as we get older. I'm 59 and my husband is 62, several people we know have been diagnosed with type 2 diabetes in the past few years. Is there anything we can do to protect ourselves against diabetes? AFRAID IN ARKANSAS

DEAR AFRAID: Type 2 diabetes is, of course, the most common form of diabetes and simply means that the body either does not produce enough insulin or the cells essentially ignore the insulin. Diabetes increases susceptibility to heart disease, nerve damage, blindness, kidney damage, and other serious medical problems, so it is definitely something about which to be concerned.

Exercise seems to have a protective effect against diabetes. We already know that the prevalence and incidence of type 2 diabetes increases almost 8 times as much for people over 65 compared to those under 44.

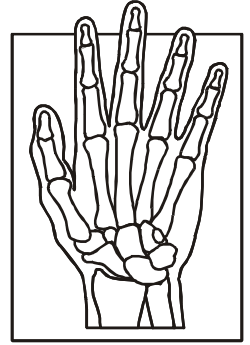
In a recent study ("Physical Activity Reduces Type 2 Diabetes Risk in Aging, Independent of Body Weight Change," Dzura, J., Kasl, S.V., & DiPietro, L. *Journal of Physical Education and Health*, 1, 19-28), it was concluded that physically active individuals have a 50% lower risk of diabetes than those who are inactive. Being overweight, of course, is also a major risk factor in the development of diabetes, and exercise can help you to both lose weight and maintain your weight.

Exercise comes in many different forms, and even walking (and I mean more than just to the mailbox and back) at least 20 minutes a day at a brisk pace can make a difference. The secret to a successful exercise program is consistency. Learn not to make excuses, and make exercise a regular part of your daily living to improve the quality of your life.

Arthritis Arrested

(From *Reader's Digest* May 2004)

Cod liver oil likely brings back memories of mom force-feeding you the foul-tasting stuff to keep you healthy. Now it turns out the oil seems to have some benefit - for adults with osteoarthritis.



Researchers at Cardiff University in Wales gave cod liver oil supplements to arthritic people waiting for knee-joint replacement surgery. After 10 to 14 weeks, 86% had significantly reduced levels of aggrecanase and collagenase, enzymes known to cause cartilage damage.

While the researchers don't know exactly how cod liver oil works, they suspect the omega-3s fatty acids in the oil play a role. Omega-3s seem to slow down the damaging effects of arthritis. Until further research confirms these results, eating foods rich in omega-3s (fatty fish like salmon) or taking cod liver oil capsules won't hurt you and may help ease arthritis.

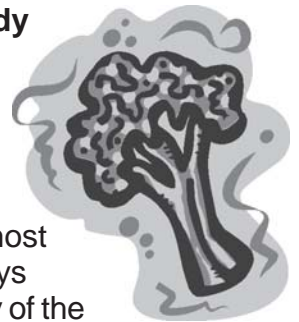
So Eat Your Spinach Already

(From *AARP Bulletin* May 2004)

"To get the most bang for your buck" in protecting against serious disease, "eat powerhouse fruits and vegetables packed with the most nutrients and antioxidants" says researcher Marilyn S. Nanney of the St. Louis University School of Public Health.

Generally, the more intense the color, the better. Dark salad greens, broccoli and spinach, for instance, provide more benefits than iceberg lettuce or celery. The nutrients in carrots, winter squash, cantaloupe and oranges trump those in corn; cauliflower is a tougher disease-fighter than onion; and tomatoes, red peppers and strawberries are more potent than apples.

Nanney says while nutrition guidelines suggest eating five servings a day of fruits and vegetables, they don't say which ones are best in preventing disease.



HEALTH continued

Rx-America Group, Inc. a non profit organization

Rx-America Group, Inc. is a non-profit organization that will help locate prescription medication that is discounted from 30-90%. This **FREE** service is currently offered to help lower prescription medication costs. Persons that qualify:

- Seniors (who **do not** have medical and/or prescription insurance)
- Persons without medical insurance
- Persons with limited coverage insurance or have exceeded maximum allowable co-payment on your insurance
- Medicare recipients
- Medicaid recipients

Through internet service, *Rx-America Group, Inc.* will research, locate and obtain your prescription medication from certified pharmaceutical companies throughout Canada and other countries.

**This service is for location of discounted doctor prescribed medication only and is not for diagnosing or treating your health care problems or disease, or to prescribe medication.*

To obtain a **FREE** prescription search, please fill out the attached form and mail to Director, c/o *Rx-America Group, Inc.*, PO Box 31753, Santa Fe, New Mexico, 87594-1753.

(PLEASE PRINT CLEARLY)

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP CODE: _____

PHONE: _____

Best Time to Call: _____ Home Bound? _____ Yes _____ No

Prescriptions

Dosage (in ml. or mg.)

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

PUZZLES

75 *CROSSWORD*

ACROSS

1. Distant
4. Packing box
9. Morsel
12. Eden resident
13. Ancient Roman language
14. "You — My Sunshine"
15. Manner
16. Actor's representative
17. Male heir
18. Baseball-team number
20. Occurrence
22. Feathered baby-deliverer?
24. Valiant one
26. Flooring square
27. Ocean
28. Droop, as a flower
32. Plus
33. Existed
34. Automobile
35. Bird's home
37. Climbing plant
38. Nothing more than
39. Military-service branch

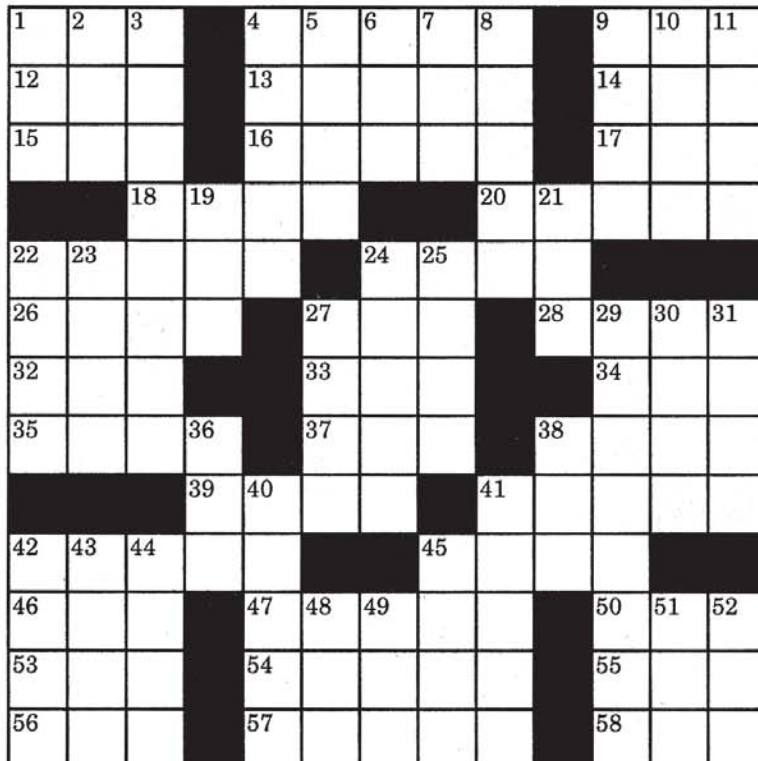
41. Sylvester Stallone movie
42. Wine fruit
45. Needy
46. Steal from
47. Book of maps
50. Snakelike fish
53. Everyone
54. "The — Mutiny," movie
55. In the past
56. Spelling contest
57. Oaks and elms
58. Cut (grass)

4. Sharp, metallic sound
5. Great anger
6. Consumed
7. Can metal
8. Come in
9. Foundation
10. Press (clothes)
11. Canvas shelter
19. See 5-Down
21. Oath
22. Mr. Musial
23. Prong
24. Weighty
25. Simple
27. Do the backstroke

DOWN

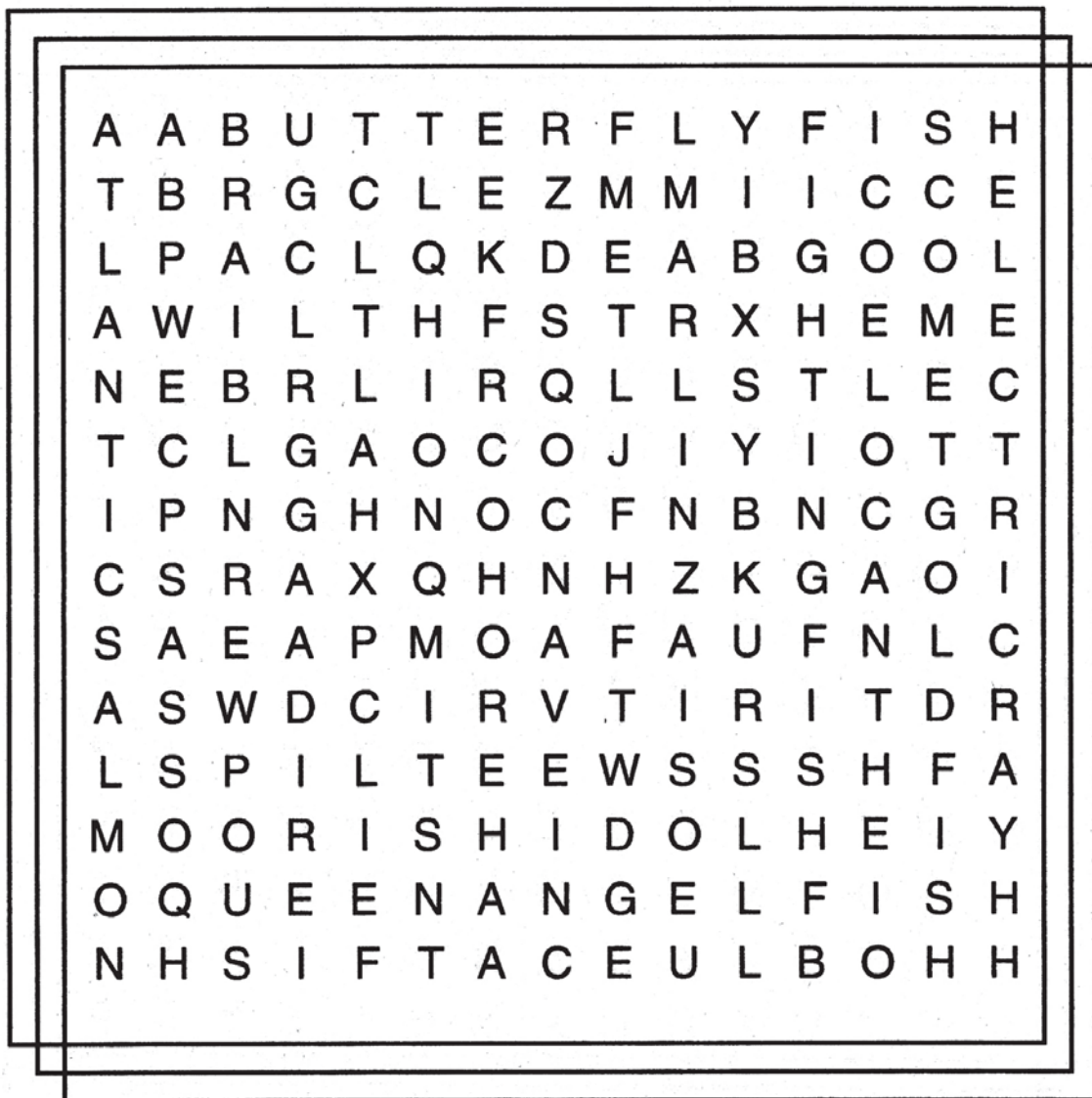
1. Not many
2. Ms. Gardner
3. Actress Debbie

29. Frozen treat: 2 wds.
30. Songbird
31. Low card
36. Faucet
38. Cow's sound
40. Do a double take, perhaps
41. Thorny garden beauties
42. Seize suddenly
43. Part in a play
44. Competent
45. Window section
48. Paving substance
49. Falsehood
51. Conceit
52. Far down



PUZZLES continued

FISH EVERYWHERE



W-0127

ANGELFISH
ARCTIC CHAR
ATLANTIC SALMON
BALLOONFISH
BLUE CATFISH
BUTTERFLY FISH
CARP

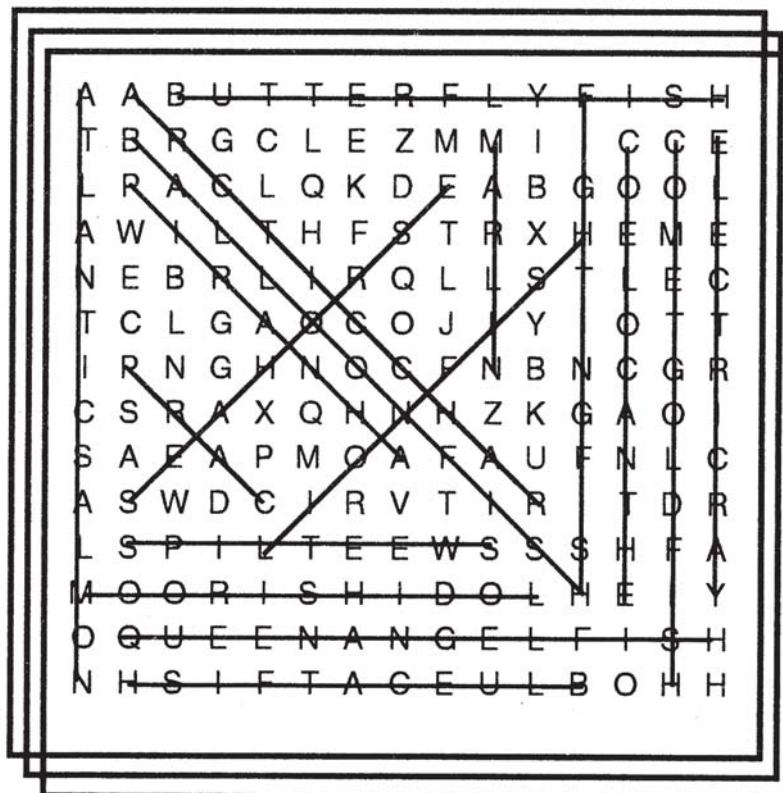
CATFISH
COELOCANTHE
COMET GOLDFISH
ELECTRICRAY
FIGHTING FISH
LIONFISH

MARLIN
MOORISH IDOL
PIRANHA
QUEEN ANGELFISH
SEAHORSE
SWEETLIPS

PUZZLE answers

CROSSWORD 75

F	A	R		C	R	A	T	E		B	I	T
E	V	E		L	A	T	I	N		A	R	E
W	A	Y		A	G	E	N	T		S	O	N
		N	I	N	E			E	V	E	N	T
S	T	O	R	K		H	E	R	O			
T	I	L	E		S	E	A		W	I	L	T
A	N	D			W	A	S			C	A	R
N	E	S	T		I	V	Y		M	E	R	E
			A	R	M	Y		R	O	C	K	Y
G	R	A	P	E			P	O	O	R		
R	O	B		A	T	L	A	S		E	E	L
A	L	L		C	A	I	N	E		A	G	O
B	E	E		T	R	E	E	S		M	O	W



SENIOR CENTER LUNCH MENU

OCTOBER 2004

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 CHICKEN ALFREDO OVER PASTA BROCCOLI APRICOTS GARLIC BREAD MILK
4 CHICKEN FRIED STEAK MASHED POTATOES W/ CREAM GRAVY MIXED VEGGIES CHERRY CRISP BISCUIT MILK	5 FRITO PIE WITH CHILE BEANS CORN COLE SLAW PEACHES CRACKERS MILK	6 HOT DOG FRENCH FRIES TOSSED SALAD CANTALOUPE MILK	7 PORK ROAST PARSLEY POTATOES GREEN BEANS JELLO WITH FRUIT ROLL MILK	8 BEAN & BEEF BURRITO WITH GREEN CHILE SAUCE GARNISH SPANISH RICE PEAR MILK
11 ALL CENTERS CLOSED IN OBSERVANCE OF COLUMBUS DAY	12 SALISBURY STEAK RICE PILAF PEAS & CARROTS SHERBET ROLL MILK	13 PORK CHOPS SWEET POTATOES ASPARAGUS APPLE ROLL MILK	14 GREEN CHILE CHICKEN ENCHILADAS PINTO BEANS SPANISH SLAW RICE PUDDING WITH RAISINS TORTILLA / MILK	15 BEEF STROGANOFF WITH NOODLES CALIF. VEGGIES STRAWBERRY SHORTCAKE ROLL MILK
18 BREADED CHICKEN SANDWICH TATER TOTS GARNISH APPLE SAUCE MILK	19 TUNA CASSEROLE WITH EGG NOODLES PEAS MIXED FRUIT CRACKERS MILK	20 MEAT LOAF WITH CREOLE SAUCE STEAMED RICE BRUSSELS SPROUTS COTTAGE CHEESE WITH PINEAPPLE ROLL MILK	21 TURKEY ROAST NEW POTATOES TOSSED SALAD PURPLE PLUMS ROLL MILK	22 LIVER & ONIONS MASHED POTATOES W/ BROWN GRAVY 5-WAY VEGGIES ICE CREAM ROLL MILK
25 POLISH SAUSAGE SAUERKRAUT BOILED POTATO CORN CHOCO. PUDDING ROLL MILK	26 GREEN CHILE BEEF STEW WITH POTATOES GREEN BEANS COOKIES ROLL MILK	27 CABBAGE ROLLS RICE CARROTS FRUIT SALAD ROLL MILK	28 RIBS WITH BBQ SAUCE CUCUMBER SALAD BAKED POTATO PEACH COBBLER ROLL MILK	29 TAMALE WITH RED CHILE SAUCE REFRIED BEANS SPANISH RICE NATALLAS TORTILLA MILK

Please note: At MEG Center only, on any given day, you may choose soup and salad rather than the hot meal listed above.